

Walking Readiness Questionnaire

Please complete before starting any exercise program. Common sense is your best guide here. Read each question carefully and answer each one as it applies to you.

1. Has your doctor ever said you have heart or lung trouble? ☐ Yes ☐ No
2. Do you ever have pains or pressure in your heart or chest during physical activity? ☐ Yes ☐ No
3. Do you often feel faint, or have spells of dizziness or shortness of breath during physical activity? ☐ Yes ☐ No
4. Has your doctor ever said your blood pressure was too high? ☐ Yes ☐ No
5. Do you smoke cigarettes or have diabetes? ☐ Yes ☐ No
6. Does heart disease run in your family? ☐ Yes ☐ No
7. Has your doctor ever told you that you have a bone or joint problem, such as arthritis, that might be made worse by exercise? ☐ Yes ☐ No
8. Is there a good physical reason, why you should not follow an activity program even if you want to? ☐ Yes ☐ No
9. Are you age 60 or older? ☐ Yes ☐ No
10. Are you taking medication for your heart or lungs? ☐ Yes ☐ No

If you answered "yes" to any of these questions, you should talk to your doctor before starting an exercise or walking program or increasing your physical activity. Ask your doctor's advice about whether you can participate in a walking program or a program of physical activity.

If you answered "no" to all of these questions, it is probably safe to assume that you can participate in a walking or exercise program. However, if you are unsure you should consult your doctor.